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SHARING.

Cup reception runneth over

Organizers of November's Grey Cup game say tickets are officially sold out

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Bard has bite

Overcoming summer heat and buzzing streets is all in a day's work for the actors of Shakespeare on the Saskatchewan

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ALL HAIL!

THINK YOU'VE GOT WHAT IT TAKES TO KEEP UP WITH A TORNADO? ANGRY PLANET HOST GEORGE KOUROUNIS TELLS METRO HOW TO BE A STORM CHASER IN FOUR NOT-SO-EASY STEPS

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David Johnston, a.k.a. Chalkmaster Dave, shows off his creation at the Regina campus of the First Nations University of Canada on Wednesday. The Toronto street artist's road trip across the country began as a quest to make a film documentary about his work, but has since morphed into a visual book project.

ALYSSA MCDONALD/METRO

You can chalk it up to talent

He walks the walk with chalk in hand. Chalkmaster Dave's pavement creation in front of Regina campus inspired by 'education is our buffalo' theme



ALYSSA MCDONALD
Metro in Regina

Drawing with chalk on a sidewalk is a popular pastime for many children, but it's a lasting passion and art form for David Johnston.

The Toronto artist — known across Canada as Chalkmaster Dave — is travelling across the country and made a stop in Saskatchewan on Wednesday at the First Nations University of Canada (FNUC).

"I'm just going to keep going — do as many cities as I can before the season is all done," said Johnston, who has

been creating chalk art around the world for the past 22 years.

After a nine-foot-long 3D lobster on a sidewalk in Halifax, a 3D "pit of doom" in Vancouver and classical and superhero art in Calgary — including the city's mayor, Naheed Nenshi, as "Super Nenshi" in a Superman outfit — Chalkmaster Dave made his way to Saskatchewan.

Street-drawing man

"Basically, all I want to do is kind of share, grow, learn, inspire — be a part of the whole system."

Artist David Johnston

He hadn't intended to make the trip through the Prairie province until he was invited by FNUC to create a mural in front of its Regina campus.

Before beginning the mural, Johnston met with First Nations elders. He was inspired

by the theme "education is our buffalo," and created a mural of a white buffalo along with the 3D words "First Nations University."

"I've been making it up as I go," said Johnston, while using chalk, paintbrushes and string to produce his pavement creation.

"The fact that the buffalo is going into a smoky-misty thing is kind of appropriate — it's kind of trippy."

His road trip across the nation began as a quest to make a film documentary, which he calls a "chalkumentary," about his work. However, it has since morphed into more of a visual book project.

"I started busking all along the way and people give 100 bucks here and 100 bucks there, (which) helps you go to the next place," Johnston said of his impromptu chalk creations.

"It's basically about experience. It's not a money goal."

Johnston's next destination is Winnipeg.

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Future remains uncertain for Paradise Stable Horse Rescue



Bunnie Harasym, owner of Paradise Stable Horse Rescue, pets Jack, a thoroughbred racehorse who has been living at the shelter for roughly two years. She says an upcoming benefit is crucial for the stable as rising costs have made put its future in jeopardy. ALYSSA MCDONALD/METRO

Trying to stay afloat. With operating costs on the rise, keeping shelter open is getting tough



MORGAN MODJESKI
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An upcoming steak-night fundraising benefit for the Paradise Stable Horse Rescue is crucial for the shelter's survival, owners say.

According to Bunnie Harasym, owner of Paradise Stables, the event, which is being held at David's Restaurant in Saskatoon on July 20, is one of the most important the shelter has ever held as an increase in horses, food costs and rising medical bills have caused a substantial hike in operating costs.

"Right now, things are pretty tight for us," she said. "It's pretty intense. I believe where there's a will there's a way, but with the costs of everything going up, it's getting really tough."

The shelter is currently housing 26 horses, with roughly 13 considered "permanent residents." Ha-

rasym says a number of her rescues are former racehorses, or horses that were up for auction — something she says usually results in the animals being slaughtered.

"The reason we went all out on this one is because we really need the public support," she said. "We're at maximum capacity right now, we can't take in any more horses. My pens are full ... and the phone never quits ringing."

Asked how the hard times are impacting her, she said they're taking a toll.

"It's extremely stressful," she said. "These horses, they're my life."

Harasym said if the shelter were to shut down, she would do her best to house the horses residing there or ensure they get new homes, but noted she would no longer be able to accept or care for new arrivals.

Tickets for the event, which also features a DJ and hypnotist Jesse Lewis, are \$20.

On the web

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Grey Cup game tickets sold out: Officials

Tickets for this year's 101st Grey Cup championship game in Regina are officially sold out, the event's festival committee announced on Wednesday.

Organizers of the game, to be played Nov. 24 at Mosaic Stadium in Regina, sold the last 5,000 of the approximately 45,000 seats through a 101-hour lottery.

"The response from Saskatchewan Roughrider season-ticket holders and CFL fans across the country has been amazing," Saskatchewan Roughriders president and CEO Jim Hopson said in a press release.

"Hosting the 101st Grey Cup Championship Game and Festival gives the province an amazing opportunity to showcase Saskatchewan to the entire nation."

The seating capacity for this year's Grey Cup is significantly lower than it was

the last time Regina hosted the championship game in 2003, when more than 50,000 spectators packed the stadium.

Grey Cup Festival executive director Neil Donnelly said organizers have been prevented from matching the seating capacity of the previous Regina Grey Cup games because of suites since added to the stadium. As well, they want to free up more space for those in attendance.

"(The new suites) limited us to some degree on the number of seats we can have," he explained. "(Organizers also made) a conscious decision to not stretch and jam a seat wherever we could."

Though the game has been declared sold out, Donnelly said a small number of tickets might become available closer to November.



Grey Cup Festival executive director Neil Donnelly addresses the media on Wednesday, confirming that all tickets to November's championship game have all been snapped up. MARCO VIGLIOTTI/METRO

"A couple of allotments may come forth. There's always tickets we hold for the team, league, for other pur-

poses, that may not be utilized," he said.

"We do expect some smaller numbers to come

through, but certainly for all intents and purposes it's sold out."

MARCO VIGLIOTTI/FOR METRO

Dear Malala. Taliban commander writes to girl his group tried to murder

A prominent Pakistani Taliban commander has written a letter to a teenage girl shot in the head by the group, expressing regrets that he didn't warn her before the assassination attempt that propelled her activism to the international stage.

The letter from Adnan Rasheed, however, didn't apologize for the October attack that left Malala Yousafzai gravely wounded. Rasheed, who has close relations with Taliban leaders, only said that he found the shooting "shocking" and wished it hadn't happened.

Rasheed said he would leave it up to God to decide whether the activist for girls' education should have been targeted.

"You have said in your speech yesterday that pen is mightier than sword," Rasheed wrote in reference to Malala's speech Friday at the United Nations, "so they attacked you for your sword not for your books or school."

Rasheed said the letter received by The Associated Press late Tuesday night expressed his own opinion, not that of the militant group. Another Taliban commander confirmed



Malala Yousafzai

MARY ALTAFFER/THE ASSOCIATED PRESS

the letter, written in English, was authentic.

Malala was 15 years old when she and two of her friends were attacked on their way home from school in Pakistan's northwest Swat Valley. Malala celebrated her 16th birthday last week by giving a speech at the UN in New York, demanding world leaders provide free education to all children.

Rasheed said the Taliban did not attack Malala because she was a proponent for girls' education, but because she was critical of the militant group when it took over much of Swat in 2008 and 2009.

THE ASSOCIATED PRESS

Same-sex marriage

Britain makes it official: Gay marriage OK'd

With little fanfare or controversy, Britain announced Wednesday that Queen Elizabeth II had signed into law a bill legalizing same-sex marriages in England and Wales.

THE ASSOCIATED PRESS

Royal birth

England and wails: Queen impatient for baby to arrive

Asked whether she was hoping for a boy or a girl as her third great-grandchild, Queen Elizabeth II said, "I don't think I mind. I would very much like it to arrive. I'm going on holiday."

THE ASSOCIATED PRESS

22 kids die in India after eating free school lunch

Dozens sick. Not yet clear how food got tainted with insecticide

The children started falling violently ill soon after they ate the free school lunch of rice, lentils, soybeans and potatoes.

The food, part of a program that gives poor Indian students at least one hot meal a day, was tainted with insecticide, and soon 22 of the students were dead and dozens were hospitalized, officials said Wednesday.

It was not immediately clear how chemicals ended up in the food at the school in the eastern state of Bihar. One official said that the food may not have been properly washed.

The children, between the ages of 5 and 12, got sick soon after eating lunch Tuesday in Gandamal village in Masrakh block, 80 kilometres north of the state capital of Patna. School authorities immediately stopped serving the meal as the children started vomiting.

Savita, a 12-year-old student who uses only one name, said she had a stomach ache after eating soybeans and potatoes and started vomiting.

"I don't know what happened after that," Savita said in an interview at Patna Medical College Hospital, where she and many other children were recovering.

The lunch was cooked in the school kitchen.

The children were rushed to a local hospital and later to Patna for treatment, said state official Abhijit Sinha.

In addition to the 22 children who died, another 25



Children who fell sick after eating a free school lunch lie at a hospital in Patna, India, Wednesday. At least 22 kids died.

AFTAB ALAM SIDDIQUI/THE ASSOCIATED PRESS

children and the school cook were in hospital undergoing treatment, said P.K. Sahi, the state education minister. Three children were in serious condition.

Sahi said a preliminary investigation suggested the food contained an organophosphate used as an insecticide on rice and wheat crops. It's believed the grain was not washed before it was served at the school, he said.

However, local villagers said the problem appeared to be with a side dish of soybeans and potatoes, not grain. Children who had not eaten that dish were fine, although they

Headmistress flees

- Authorities suspended an official in charge of the free meal scheme in the school and registered a case of criminal negligence against the school headmistress, who fled as soon as the children fell ill.

had eaten the rice and lentils, several villagers said.

Sinha said the cooked food and kitchen utensils have been seized by investigators. "Whether it was a case of negligence or was intentional,

we will only know once the inquiry has been conducted," he said.

India's midday meal scheme is one of the world's biggest school nutrition programs. State governments have the freedom to decide on menus and timings of the meals, depending on local conditions and availability of food rations. It was first introduced in southern India, where it was seen as an incentive for poor parents to send their children to school.

Since then the program has been replicated across the country.

THE ASSOCIATED PRESS



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Owner of gore website charged

Corrupting morals. Edmonton man faces jail time for posting alleged Magnotta video online



ANNALISE KLINGBEIL
Metro in Edmonton

The Edmonton owner and operator of a "shocking" gore website has been charged for posting a video allegedly sent to him by Luka Magnotta that depicts the murder of university student Jun Lin.

Magnotta is scheduled to stand trial in September 2014 for the murder and dismemberment of Lin, whose severed body parts were mailed across the country in the spring of last year.

A video depicting the murder was allegedly sent by Magnotta to bestgore.com and posted online by the website's owner and operator, Edmontonian Mark Marek. The video remained on the site for eight days.

After a lengthy police investigation that included months spent trying to track down Marek, who authorities believe has no fixed address and was living out of a vehicle, the 38-year-old has been charged with corrupting morals.

"I've never heard of that charge before.... I believe this may be the first time it's ever

Charges

- Marek, who has no previous police involvement, was charged after his interview Tuesday.
- The maximum penalty for corrupting morals is two years.

been laid in Edmonton," said police Staff Sgt. Bill Clark.

Clark said two Edmonton detectives from the homicide section were assigned to the case in June 2012 and worked to track down the site's owner and operator.

Cops found Marek in Edmonton in February but still had not obtained enough evidence to charge him.

The day after he was located, Marek left the country and Canadian Border Services was notified.

On July 10, Marek landed in Vancouver and his laptop, hard drive and USB keys were seized. Police still didn't have enough evidence to lay charges.

Marek then fled to Edmonton where authorities asked him via e-mail to come in for an interview.

A co-operative Marek was interviewed on Tuesday afternoon in Edmonton and provided authorities with "a lot" of evidence, Clark said.

Clark described the best-gore website as "shocking" and disturbing.

Facing eviction

Government to support flood evacuees

Dozens of Manitoba flood evacuees who face the prospect of losing their temporary home are being told by government they won't be forgotten.

About 60 First Nations people have been staying at the Misty Lake Lodge in Gimli after flooding in 2011. But the owner plans to close the business next month because he can't afford to keep the doors open.

THE CANADIAN PRESS

High-potency drug

Police warn of overdoses from potent heroin

Police in Abbotsford, B.C., are warning of an alarming increase in the number of heroin overdoses, one day after a coroner confirmed Glee actor Cory Monteith died of a toxic mix of heroin and alcohol.

The department says its front-line officers are hearing from people who have raised concerns about the potency of the heroin being bought, sold and used on the street. THE CANADIAN PRESS

Suicide in the ranks

Military adds more names to suicide list

The Canadian military has quietly added two more names to the list of soldiers who killed themselves in 2011.

That brings to 22 the number of soldiers who took their own lives in the same year as the army ended its combat mission in Afghanistan.

The figures are contained in the military's latest report on suicide in its ranks. THE CANADIAN PRESS

Prostitution sting

U.S. debates charging Alberta politician

A U.S. prosecutor says a decision should be made by the end of the week on whether to formally charge an Alberta politician arrested in a prostitution sting.

Mike Allen, member of the legislature for Fort McMurray-Wood Buffalo, was arrested Monday night by police in St. Paul, Minn., where he was attending a conference.

THE CANADIAN PRESS



Alleged kidnapper pleads not guilty on 977 counts

Ariel Castro, left, stands before a judge with defence attorney Craig Weintraub during an arraignment on an expanded 977-count indictment Wednesday in Cleveland. Castro is charged with kidnapping and raping three women for more than a decade in his Cleveland home. He pleaded not guilty to 512 counts of kidnapping and 446 counts of rape, among other crimes. TONY DEJAK/THE ASSOCIATED PRESS

'Emancipation.' Chief throws away status card

One of the country's most outspoken aboriginal leaders says he threw away his status Indian card as an act of emancipation.

Chief Derek Nepinak of the Assembly of Manitoba Chiefs says he threw the card in the garbage at a National Treaty Gathering of rival chiefs in Onion Lake, Sask.

Nepinak says the idea of a status Indian was created through racist policies designed to control aboriginal people.

He says natives must reclaim their identities rather than have government bureaucrats determine who is eligible to belong to an aboriginal community.

Rival meetings

The Assembly of First Nations is holding its annual meeting this week in Whitehorse, Yukon, while Chief Derek Nepinak is currently attending a National Treaty Gathering of rival chiefs in Onion Lake, Sask.

Nepinak told the National Treaty Gathering that the Assembly of First Nations isn't getting the job done when it comes to improving treaties with the federal government.

THE CANADIAN PRESS

First Nations. Leaders seek food security

Angry leaders from the Assembly of First Nations want a federal response to research that says nutritional experiments were conducted on unwitting, hungry aboriginal children in the 1940s.

Grand Chief Shawn Atleo says the revelations in a Canadian Press story are dominating conversations at an assembly meeting in Whitehorse.

He says the assembly is drafting an emergency resolution demanding that Ottawa acknowledge that aboriginal children are still hungry.

The AFN leaders say the Harper government should

Nutritional experiments

A spokeswoman for Aboriginal Affairs Minister Bernard Valcourt has said the current federal government was shocked by the findings.

stop fighting the assembly's attempts to ensure food security for aboriginal people.

The chiefs say the prime minister should put the words of his historic 2008 apology to aboriginal people in action.

THE CANADIAN PRESS

Hollywood. Reason for riot still unclear: Police

Packs of young people rampaged through Hollywood, knocked people down and stole cellphones and other items before a police sweep halted the marauding and arrested a dozen people, police said Wednesday.

Fifteen to 20 young men and women were "attacking victims and taking property," Lieut. Ray Valois said. "Some people may have been knocked down or punched." No serious injuries were reported.

Cmdr. Andrew Smith said it was believed the youths took advantage of a redeployment of police to Los Angeles' Crenshaw District, where

In numbers

15-20

Police say 15 to 20 young men and women attacked victims in Hollywood.

violence had broken out the previous night over the acquittal of Florida neighbourhood-watch volunteer George Zimmerman in the shooting death of an unarmed black teenager, Trayvon Martin.

But it was unclear whether the Hollywood marauders were inspired by the Crenshaw violence. THE ASSOCIATED PRESS

Deadly gales, happy trails

While a violent tempest can destroy property and bring financial ruin, it's also the key to fortune for an intrepid breed of entrepreneur: the storm chaser. George Kourounis, full-time chaser and former host of the TV series Angry Planet, reveals the secrets to survival in his dream job.

RITA POLIAKOV
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COURTESY GEORGE KOUROUNIS

Instead of your math homework, you were busy counting lightning strikes. When your parents pleaded with you to go to law school, you drowned them out with the sound of hurricane-force winds. So unless you became a meteorologist, chances are you're still seeking that dream job.

Well, storm chasing may just be in your forecast.

As violent weather becomes more common, what may have seemed like a fairy tale now might be a valid career choice.

It worked for George Kourounis, a full-time storm chaser and adventurer who tracked his first tempest in 1998. After years of dodging cattle, embracing hail and praying for lightning, Kourounis, who makes his living by photographing and filming tornadoes, hurricanes and other natural phenomena, offers four skills you'll need to thrive — and survive — in your ideal career.

Take your veggies, leave the candy

You have to know what you're looking for. Kourounis hunts for supercell storms — thunderstorms known for their rotating updraft.

"It looks like a cauliflower," he says of storms with the potential to produce a good tornado. "If it looks like cotton candy — soft and mushy — then no."

What Kourounis is really searching for is a cap, a layer of warm air that covers cold air in a storm. If it's strong, but not too strong, then the storm will eventually get through the cap. "Then you've got these explosive storms," he said.

Learn to mind the cows

Driving skills are crucial.

"Some of the most dangerous things don't involve the actual phenomenon," Kourounis said. "Driving on the roads, that is far more dangerous."

That's because tracking a storm will often involve hours of driving, sometimes on unpaved, dangerous paths. Factor in other storm chasers paying more attention to the sky than the road, panicked locals, clay surfaces that don't mix well with water and errant farm equipment, and your chances of crashing have just skyrocketed.

Kourounis has even been caught in a cattle stampede at the worst possible time.

"We had baseball hail coming down, a tornado on the ground moving slowly toward us ... and a herd of cattle that would not get out of my way," he said.

Develop a strong stomach

Storm chasing comes with its fair share of superstitions.

Kourounis firmly believes, for example, that if he accidentally hits a bird, he'll find a storm that day. He also refuses to eat steak unless he's seen a tornado. And when in Texas, if you pass an Allsup's, you better stop for a burrito — no matter how unappetizing — or the fates will be against you.

Know when to walk — or run — away

Kourounis's most important rule is simple enough: Know when to let the tornado go.

"No photo's worth dying for," he says.

Raining cash?

According to Kourounis, one tornado season can cost a few thousand dollars in gas, food, hotels and travel. And your competition isn't just other storm chasers, but everyone with a cellphone camera who's willing to give their shots away for free.

- On the flip side, documentaries looking for professional storm footage can pay \$35 per second.

Head in the clouds

If you're looking for the perfect twister, here's his list of the best places to find it:

- Tornado alley:** North Texas, Oklahoma, Kansas, Nebraska (May and June)
- Dixie alley:** Mississippi, Alabama, Tennessee (March and April)
- Northern plains:** Dakota, the Canadian Prairies (summer)
- Southern Ontario:** in the corridor from Windsor to Barrie (May to August)

Moving targets

1,200

The U.S. gets about 800 to 1,200 tornadoes a year. Canada gets about 60.

Gear up and get going

Strobe, emergency lights

These help illuminate the road. Essential at night.

A good laptop

This is key. Kourounis's computer has radar software that he checks regularly.

Radio

This is Kourounis's link to the outside world. It allows him to communicate with fellow storm chasers and weather stations.



RITA POLIAKOV/METRO IN TORONTO

A trusty car

Kourounis has a 1999 Honda CRV. The car is covered in hail dents, which he sees as trophies. He's had to replace the windshield several times.

GPS

Kourounis has a basic model as well as a more sophisticated GPS that he runs on his computer.

More online

Check out videos of George Kourounis's escapades online at his YouTube account, gkourounis.



'KFC eleven' goes boneless, drops colonel



KFC will offer new boneless pieces of chicken as an alternative to its traditional breast, thigh and drumstick pieces. The chain says the offering reflects the growing popularity of easier-to-eat chicken strips and nuggets. KFC/THE ASSOCIATED PRESS

But is it still finger-lickin' good? The fast-food chain is opening a test upscale restaurant, with the Original Recipe, minus bones and mascot

Would Col. Sanders approve?

John Cywinski, president of KFC, said in an interview the company hoped to use the new test location to learn how it can update its offerings and draw in a broader customer base, particularly women.

KFC is tossing out the chicken bones and the quaint image of founder Col. Harland Sanders as it gets ready to test a slightly more upmarket restaurant.

The fried chicken chain says it's opening a location called "KFC eleven" early next month near its headquarters in Louisville, Ky., that will serve flatbreads with toppings, rice bowls, salads and only boneless pieces of its Original Recipe chicken.

The restaurant's exterior won't feature Sanders, whose bespectacled, white-bearded likeness has long been front and centre at traditional KFC

locations. But the name of the test restaurant is a reference to the 11 herbs and spices Sanders used in the Original Recipe.

KFC eleven's opening is a reflection of the challenges facing traditional fast-food chains such as McDonald's, Burger King and Wendy's. The problem is that people in their 20s and 30s are increasingly heading to chains such as Chipotle Mexican Grill and Panera Bread, where they feel they get better food for slightly higher prices.

THE ASSOCIATED PRESS

Access to Europe. Porter Airlines inks interline deal with Icelandair

Porter Airlines has signed an interline agreement with Icelandair that gives passengers on its flights access to Europe on a single combined e-ticket, the Toronto-based airline announced Wednesday.

The agreement allows passengers to book a single combined e-ticket for Porter Airlines and Icelandair flights and check baggage through to their final destination.

"This is Porter's first interline agreement providing access to Europe," said Michael Deluce, Porter's chief com-

Two growing airlines

- Icelandair provides service to Iceland from several North American cities and offers connections to more than 20 cities in Scandinavia, Britain and Continental Europe.
- Porter is a regional airline based at Billy Bishop Toronto City Airport.

mercial officer.
THE CANADIAN PRESS

Bank of Canada. New governor keeps rate and expectations unchanged

Stephen Poloz may have brought more candour to the Bank of Canada, but he is following Mark Carney's lead in maintaining interest rates at super low levels for what is likely to be at least another year.

The central bank issued its first policy announcement and economic outlook under the new leadership on Wednesday, adjusting slightly the expected growth rates, but solidly sticking with the one per cent policy interest rate that's been in place almost three years.

Some analysts had anticipated Poloz's first policy an-



Stephen Poloz
THE CANADIAN PRESS

nouncement would be an opportunity to set a new course from his predecessor, but except for some new, expansive language, there was little sign the men see the world differently. THE CANADIAN PRESS



Company involved in Quebec derailment lays off workers

An engineer checks the engine of a Montreal Maine and Atlantic locomotive outside the offices of MMA railway in the town of Farnham, Que., on July 11. The company involved in the deadly Quebec train derailment has laid off one-quarter of its workforce in the province. A union representing employees at the Montreal, Maine and Atlantic Railway says the company has laid off 19 of its 75 workers in Quebec. GRAHAM HUGHES/THE CANADIAN PRESS



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STUPID SUMMER AND ITS HEAT

I miss winter.

Yes, that's right. You heard me. Baby, I wish it were cold outside.

Here in Toronto it's been in the low 30s lately, and with the humidex factored in it feels like — excuse me while I make the calculation — 92-billion degrees, give or take.

It's been equally uncomfortable in most of Canada, and frankly, for me, anything over 25 C makes me wish I could trade my existence with an Antarctic researcher, or an Eggo in my freezer.

While it's true that in the depths of winter I have prayed for a July night, I'd have been equally happy this summer to see snowflakes fall from the sky and melt on my face.

Alas, no such luck, and I have to suffer like the rest of you, who convince yourselves that this sleepy, sweaty excuse for a season is the best time of the year.

As someone who hates the summer more than most, I am spe-



HE SAYS

John Mazerolle

metronews.ca

cially positioned to provide counsel on how to defeat it. As such, here are my tips for staying cool this summer. Follow these and you'll feel like the other side of the pillow.

Cold comfort: Beating the heat and staying healthy during the summer

- Dehydration is caused by the loss of water and salt, so drink plenty of salt water.
- A wide-brimmed hat will keep the sun off your head and discourage U.S. drone strikes.
- During extreme heat alerts, visit elderly relatives and neighbours, because they're less likely to notice that you're wandering off with their air conditioner.
- Gatorade will give you energy you need to whine and complain with the same intensity

Sidney Crosby does during every single stoppage in play.

- Be warned that breathable clothing is surprisingly difficult to inhale.

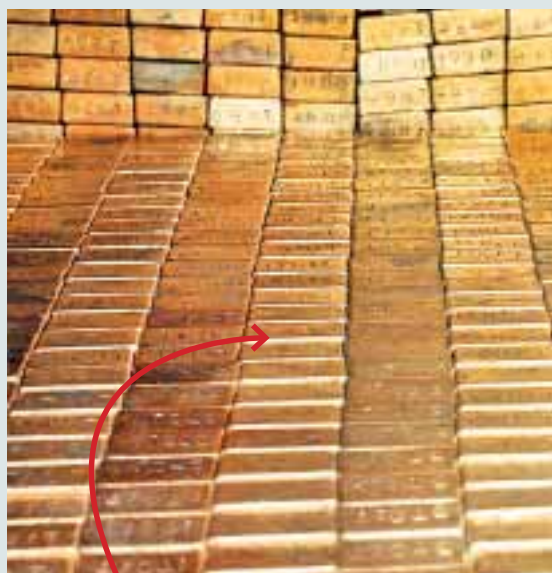
- Don't use the oven. I keep the oven off all year, because I'm so heat conscious.
- Many communities open public cooling centres during heat waves that include smiling, buxom models offering you free beer inside a room with a dance floor where the walls themselves are frosted glass. If you're not getting these perks, your tax money is being wasted.
- If you find yourself working outdoors in extreme heat, then I'll have a whisky sour — the real kind, with an egg in it, and don't sugar the rim. And try to make it today, OK, hon?
- In case of drought, keep a small electrolyte generator in your basement.
- On the hottest days, don't be ashamed to use a parasol to commit hara-kiri.
- Watch for signs of irritability. Remember that if it's under 25 C, you're the intolerable one, not the weather.

And those are my tips. I hope you found them helpful.

Or perhaps they left you cold. If so, you're welcome.

ZOOM

When stars collide ... it's golden



BARRY THUMMA/THE ASSOCIATED PRESS FILE

Shiny metals result from cosmic clashes

Gold bars are seen at the U.S. Depository in Fort Knox, Ky. A strange glow in space has provided fresh evidence that all the gold on Earth was forged from ancient collisions of dead stars, researchers said Wednesday.

Astronomers have long known that fusion reactions in the cores of stars create lighter elements such as carbon and oxygen, but such reactions can't produce heavier elements such as gold.

Instead, it was long thought that gold was created in a type of stellar explosion known as a supernova. But that doesn't fully explain the amount of the precious metal in the solar system.

About a decade ago, a team from Europe using supercomputers suggested that gold, platinum and other heavy metals could be formed when two exotic stars — neutron stars — crash and merge. Neutron stars are essentially stellar relics — collapsed cores of massive stars. **THE ASSOCIATED PRESS**



FAIRBANKS GOLD MINING INC./THE ASSOCIATED PRESS

Glowing after a burst

3.9B

NASA's Swift telescope last month observed a gamma-ray burst that resulted from the crash of dead stars. The burst, in a distant galaxy, was some 3.9 billion light-years away. Each light-year is about 6 trillion miles. The burst lasted only a fraction of a second.

Using ground telescopes and the Hubble Space Telescope, the team noticed an odd glow that lasted for days. Infrared light in the glow could be evidence that heavy elements such as gold had spewed out of the cosmic crash, the researchers said.

Struck gold

Fort Knox Mine, pictured, is the largest operating gold mine in Alaska.

- The research suggests gold was produced from stars crashing in the Milky Way. It doesn't delve into how Earth was sprinkled with riches, but previous studies have suggested that a meteor shower may have delivered gold to the planet.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

There are a lot of things that can make cycling more pleasant. A sunny sky. A cool breeze. Infrastructure that provides you with a place to ride safely. Sadly, those are largely out of your control. But you can control the level of technological wizardry your ride is equipped with if you have these apps.

Bike Brain

A digital dashboard that packs GPS mapping as well as speed, distance and altitude tracking into a handlebar-mounted iPhone utility belt. Need to be more dazzled? There are available paid upgrades for additional features such as a Bluetooth-powered heart rate sensor. (iOS/Free)

Bike Repair:

The spring crush at bike shops to get your ride tuned up for the summer is

long past, but you can avoid it altogether next year with this illustrated repair and maintenance guide to grappling with common bike-related woes. (iOS, Android/\$3.99)

Coach My Ride:

Blessed with the imprimatur of top cycling coach Lionel Reynaud, CMR arms you with a professional training regimen with enough entry points to suit any cyclist, from weak-kneed beginner to corded-calved veterans. (iOS/\$2.99)



BYRN LENNON/GETTY IMAGES

Letters and Comments

RE: Chris Brown Teams Up With 'America's Worst Charity' To Bring Sick Boy To Canadian Show, published July 17

In my opinion Chris Brown has paid his dues as a citizen. I don't know what else people expect from him.

I know what he did was wrong but I truly believe that every person deserves a second chance to move on with their lives.

How can anyone do so if they are continuously harassed in the media, in public, etc.

I don't understand where

people get the time, energy and the hatred to continuously harass someone that is trying to move on.

Maybe everybody should get a life then they wouldn't have time to make other people's lives difficult. In my opinion, if Jesus Christ forgives then so should we. There have been musicians that have gone to prison for murder and they are still making records. **A. Grossi, Toronto**

This is a really pathetic publicity pull, and all parties should be ashamed of themselves for using a sick kid to try to clean up their image.

Danielle Goyetche posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

Taking Shakespeare on the Saskatchewan: Bring it on

Artistic spirit. Actors appreciate exploring a variety of roles working for theatre company



BACKSTAGE PASS

Simon Hiatt
saskatoon@metronews.ca

On balance, life is probably somewhat better for actors in current Shakespearian productions than it was when The Bard's works were first staged.

But while they might not have to deal with things like the plague, modern advancements have also created some challenges for the Shakespeare on the Saskatchewan Company's thespians that Shakespeare couldn't have dreamed of.

"We're right here on the riverbank, so sometimes you'll hear the ship's horn blast," said actor Ed Mendez. "And we're also right by the street, so if a Harley or ambulance goes by that can be a little bit distracting."

But, the actors agree the obstacles are more than worth overcoming for the chance to work for the company.

"From an acting perspective, this is one of the biggest contracts in the province. So it's really nice to have stable work for a few months and it's great to get to do classical works," Mendez said.

While this is Mendez's third stint with the company, Anna Seibel is making her



Anna Seibel, left, Ed Mendez and Jenna-Lee Hyde in a scene from Shakespeare on the Saskatchewan's *The Comedy of Errors*. HANDOUT

Shakespeare on the Saskatchewan debut this summer. She is fulfilling a dream that began when she saw her first play under the tent by the river when she was eight.

"It's been incredible; the cast has been warm and welcoming but also very professional. I feel like I'm absorbing so much," Seibel said.

Being a part of Shakespeare on the Saskatchewan is a unique learning opportunities for actors.

The production schedule typically means they have to alternate between two different plays throughout the summer. For Seibel that means playing Luciana in *The*

Comedy of Errors one night, while tackling multiple roles — including Third Witch and Donalbain in *Macbeth* — the next.

"It's my first experience (doing two plays at once) and I'll admit I was a little intimidated at first. But it's really great having the opportunity to go between the two, and such different roles, it's fun to explore that polarity a little bit."

Mendez will also make some abrupt character changes this summer, switching between the befuddled Dromio of Ephesus in *The Comedy of Errors* and the tragic Macduff in *Macbeth*.

The latter role may put

Variations

- Shakespeare on the Saskatchewan's presentation of *The Comedy of Errors* is a somewhat modern take on the work, with elements of Indiana Jones.
- Macbeth* is being staged traditionally and both shows run through Aug. 25. Information and tickets can be found at shake-speareonthesaskatchewan.com.

him through the emotional roller coaster, but he gets to have some fun taking part in a choreographed sword fight during each performance.

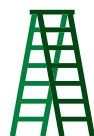
And while that may be a valuable skill to add to an acting resume, he admits it can exacerbate one of the other ob-

stacles of performing outside.

"It's under a tent, it's the middle of summer and we're in layers and layers of costuming, so we have to deal with the heat," Mendez said.

"We lose a lot of pounds; I've been calling it Sweating to the Oldies."

Sharability



easy

hard



Justin Timberlake has been nominated for six MTV VMAs. THE ASSOCIATED PRESS

Justin Timberlake dusts off his Suit & Tie for the VMAs

Nominations.

Timberlake, Macklemore & Ryan Lewis lead pack in nods

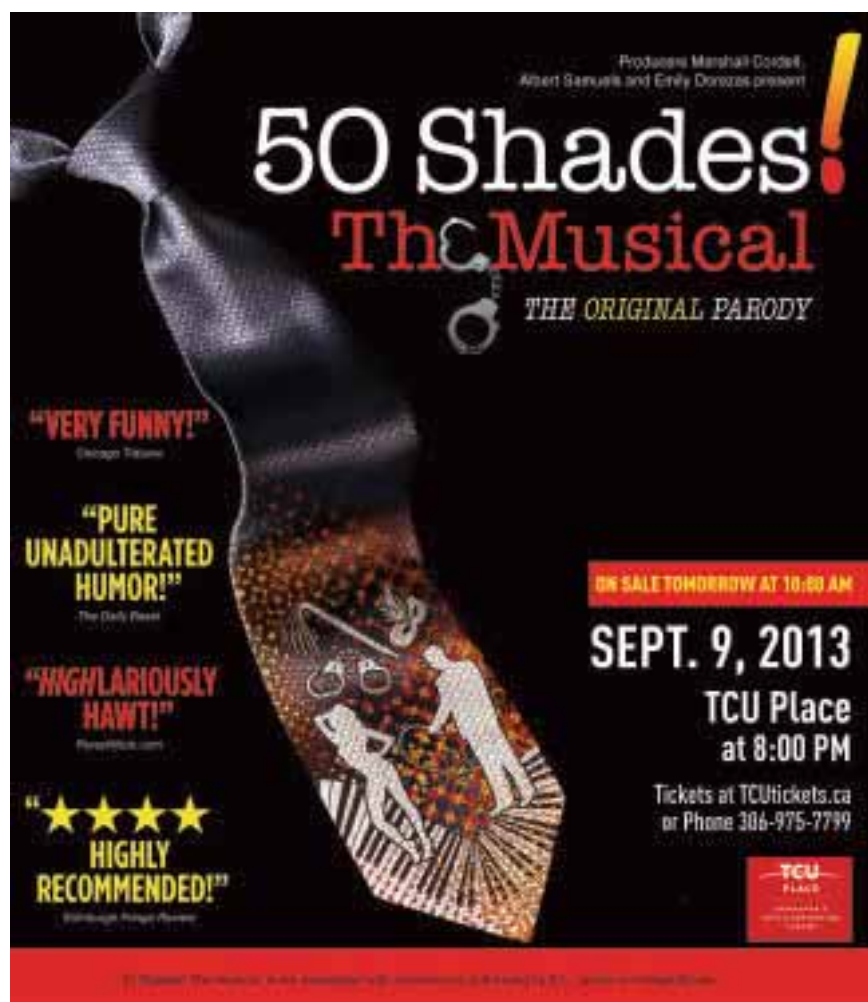
The man in the suit and tie and the duo who buys clothes at thrift shops are the leaders at this year's MTV Video Music Awards.

MTV announced Wednesday that Justin Timberlake and Macklemore & Ryan Lewis have six nominations each. Bruno Mars has four nominations. Timberlake's *Mirrors*, Macklemore & Ryan Lewis' *Thrift Shop* and Mars' *Locked Out of Heaven* will battle Robin Thicke's *Blurred Lines* and Taylor Swift's *I Knew You Were Trouble* for video of the year. Timberlake's *Mirrors* and *Suit & Tie* are up

Watch it

- **Airing live.** The VMAs will take place on Aug. 25 at Brooklyn's Barclays Center.

for best male video, pop video and collaboration, among others. THE ASSOCIATED PRESS



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Last Week: 1 / Weeks on List: 5



2. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece – Dante's *Inferno*.

Last Week: 2 / Weeks on List: 8

This Week

Last Week Weeks on List

- | | | |
|--|----|----|
| 3. THE EYE OF GOD James Rollins | 3 | 4 |
| ★ 4. THE SECRET KEEPER Kate Morton | - | 1 |
| ★ 5. THE ENGLISH GIRL Daniel Silva | - | 1 |
| ★ 6. FIRST SIGHT Danielle Steel | - | 1 |
| 7. SILVER STAR Jeannette Walls | 7 | 6 |
| 8. THE FIRE WITNESS Lars Kepler | 8 | 6 |
| 9. BEAUTIFUL DAY Elin Hilderbrand | 9 | 4 |
| 10. ZERO HOUR Clive Cussler | 10 | 8 |
| 11. THE SECRET RACE Tyler Hamilton | 11 | 5 |
| 12. SECOND HONEYMOON James Patterson | 6 | 3 |
| 13. THE KILL ROOM Jeffery Deaver | 13 | 7 |
| 14. REVENGE WEARS PRADA Lauren Weisberger | 5 | 7 |
| 15. TRANSATLANTIC Colum McCann | 15 | 7 |
| 16. WILD Cheryl Strayed | 16 | 16 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 13 |
| 18. FLIGHT OF THE EAGLE Conrad Black | 12 | 9 |
| 19. BEST KEPT SECRET Jeffrey Archer | 19 | 12 |
| 20. THE GREAT DEGENERATION Niall Ferguson | 4 | 5 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 22nd

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Taylor Swift

Radio — making creepy men's dreams come true

A Boston radio station is learning the hard way that online contests for Taylor Swift fans can be tempting targets for Internet pranksters. Boston's Kiss 108 is holding a competition to find Swift's number one fan and give him or her a chance to meet the country star, but right now 39-year-old "Charles Z." is in the lead, thanks to his friends at the anonymous message board site 4chan. "My creepy 39-year-old friend named Charles

would like to crush all those girls' dreams, and then sniff Taylor Swift's hair because he's into that," an anonymous supporter wrote on the site. "Help him crush the dreams of these girls and give him a chance to make a complete ass of himself by blatantly just sniffing her hair with cameras rolling." When word went out on 4chan about the contest, Charles jumped from 25th place to first place in less than 24 hours.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Cranston says he very nearly had a dark Walter moment

MELISSA TUBB
Metro World News in New York City

Playing a character like Walter White on *Breaking Bad* means facing your darkest impulses. And even a genuinely nice guy like Bryan Cranston — who plays Walter — has had some nasty moments in his life. He once fantasized about killing an abusive ex-girlfriend who was stalking him. "My apartment had a brick wall on one side, and I envisioned opening the door, grabbing her by the hair, dragging her inside, and shoving her head into



that brick wall until brain matter was dripping down the sides of it," Brian told GQ. "Then I shuddered and realized how clearly I saw that happening. And I called the police because I was so afraid. I was temporarily insane — capable of doing tremendous damage to her and to myself." Gross! Still, good for Bryan for having the sense to call the police. Walter White would have just killed that girl and her entire family.

Twitter



@JuddApatow
Stress is a great funk remover.



@AlbertBrooks
Maybe I'm old fashioned but putting the Boston bomber on the cover of *Rolling Stone* is a terrible idea.

Have you Heard who had a day out with Depp's kids?

Johnny Depp reached a major milestone in his relationship with Amber Heard this week: taking a trip with the kids. Heard accompanied Depp along with his 14-year-old daughter, Lily Rose, and his 11-year-old son, Jack, on a trip to Tokyo to promote *The Lone Ranger*, according



Johnny Depp ALL IMAGES GETTY

to *Us Weekly*. It's a big step for the couple, who have reportedly been dating since Depp split from longtime partner Vanessa Paradis.



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Resort to shopping in this time of transition

Clothed in confusion?

Despite the label it looks like you don't need a passport to get into resortwear — just an insatiable desire for new wearables

KATHRYN
GILBERT

Metro World News

Resort, it's that increasingly vague season of clothes that's currently in stores. And the runway shows for next year's resort season recently wrapped up in June. But what does resort mean? As the fashion world's transitional moment gets bigger and bigger, its purpose grows increasingly murky.

Designers initially intended the resort season to address a woman's summer holiday wardrobe needs. But does Roksanda Ilincic actually expect us to wear her voluminous coats poolside? Will Lanvin's jewel-encrusted dresses fit in our luggage?

Let's start with what's pretty clear: resort is all about the money. Helen Davis, head of womenswear at Harrods in London describes it as the "most commercial delivery we buy into, as it is on the floor at full price for over six months and therefore drives the business". Resort also tends to have fewer bells and whistles. As Davis points out, the collections include "good transitional pieces and classic styles," making resort purchases solid investments. They're also cheaper than seasonal collections: "The runway shows showcase the

best a designer has to offer and the most wow pieces of the season, therefore, the top price point for show collection pieces usually well exceeds the top price point of pre-collection pieces."

But don't you need to buy a ticket to St. Barths to wear your reasonably priced resort wardrobe? Well, it turns out the name is a bit of a red herring. Because while it was once destined for monogrammed luggage flying out to far-off lands, now the season is about fulfilling shoppers's desires for something new. Davis points out that brands are increasingly "introducing a pre-collection offering, to ensure there's constant newness on the floor."



ROKSANDA
ILINCIC



Transitional collections such as the ones pictured (all resort 2014) are growing in importance.



Chanel



JW Anderson

The cheat sheet

The fashion calendar

In the clothing business, it's the equivalent of the Gregorian calendar — instead of Christmas and Easter you get autumn/winter and spring/summer, with a slew of other runway shows in between.

Women's ready to wear (RTW)

These collections show twice a year, with the major focus on New York, London, Paris and Milan. They usually feature higher-priced showpieces that you'll see in magazines, on celebrities and editors throughout the season.

Resort

Also known as cruise or pre-collections, designers show these commercially orientated lines twice a year in the four major fashion capitals. Unlike RTW, there are no centralized venues or schedules.

Couture

Couture shows in the same manner as RTW, with a set calendar of shows, but is a completely different concept, focusing on rarefied, exclusive, painfully expensive custom garments. Fewer designers will show here. This is one for the big boys.

Men's RTW

One of the most recent additions to the fashion calendar, men's RTW is organized just like its female counterpart. This is where the more avant-garde menswear trends come from.

3
THE

The perfect guest room, coffee and all

I recently moved into a small townhouse and would like to decorate my spare bedroom differently than the rest of my space. Any advice?

- MJ, Ottawa



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Choose a decor theme that you might like to get away to, but keep it neutral to appeal to all guests.

This will keep you passionate about the decorating project but thinking of your guests first and foremost.

At my house, I decorated a guest room influenced by the seaside looks of Nova Scotia. Without being too country, I created a bright and neutral decor scheme using warm white, foggy blue and warm light wood tones.

The furnishings were clean-lined and not too fussy to appeal to my urban jet-setting guests.

Comfort

Buy a good mattress (or add a feather bed mattress topper to an existing mattress) for a luxurious night's sleep.

Consider a double-sized bed if space is of concern; it offers lots of room for one yet sleeps two in a pinch. Purchase neutral coloured sheets and towels; buying quality means longer-lasting and easy care.

Add carpets and draperies if you want to create a quieter atmosphere for your guests.

Create an oasis

A convenience espresso maker for a quick sip while getting ready for the day, a docking/charging station to listen to some music, a basket filled with spa/bath products will all allow guests to relax in their room when they wake up.

Books, current magazines and a portable DVD player will allow quiet time before turning out the lights in the guest room.



Cool, light colours tend to make a small space appear larger and brighter. YVONNE DUIVENVOORDEN PHOTOGRAPHY



Tight and tidy espresso makers offer a morning sip before leaving the room.

NESPRESSO U1 CSO, \$199,
NESPRESSO.COM



An area rug helps to muffle sound and create a quiet environment.

TARNBY NATURAL RUG, \$149 FOR 6'X8',
IKEA.COM

Neutral-coloured cotton towels.

WHOLE HOME HOTEL COLLECTION, FROM \$12,
SEARS.CA



Natural wood-tone docking station soothes the room with looks and sound. IPHONE 5-ALARM CLOCK DOCKING STATION, \$40, URBANOUTFITTERS.COM

Hey there, Canada!



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Wrap it in raspberry: This leather forecast calls for natural, tasty treats

What does a child's snack have in common with a \$300-a-head meal at a three-Michelin-star restaurant? These days, both frequently include an edible leather: a purée of fruit (or, in the case of the restaurant, more often of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are prepared by expert chefs, so you might think that such a

modern creation is beyond the means of the home cook. But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthy and portable snack.

And you can use the same technique to create savoury vegetable leathers that add interesting, modern touches to traditional dishes.

All you need to make your own leather is a blender, an oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of purée, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

Start to finish: 2 hours
Servings: 4

1. Arrange an 11-by-17-inch non-stick silicone mat on a rimmed baking sheet. Heat a food dehydrator to 150 F,

or set your oven to its lowest temperature.

2. Combine all ingredients in a blender, then puree until thoroughly blended, at least 30 seconds. Working quickly, pour the purée onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the purée sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

3. Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1-1/2 to 2 hours is typical, but the time required can vary considerably depending on the thickness and wetness of the purée layer, the temperature of the chamber and the humidity of the air. Use the convection setting on your oven if one is available.

Sweet Raspberry Leather



The finished product is a versatile, tasty treat. AP PHOTO

4. When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long,

thin strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way. THE ASSOCIATED PRESS

Ingredients

- 2 cups (300 grams) raspberries
- 1 tablespoon (12 millilitres) cooking oil
- 1/4 cup (45 grams) sugar
- 0.6 grams (3/16 teaspoon) xanthan gum

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Rory McIlroy hits a tee shot during a practice round for the British Open on Wednesday in Gullane, Scotland. STUART FRANKLIN/GETTY IMAGES

McIlroy to Faldo: Keep the change

British Open. Young star shrugs off golf legend's two cents that he needs to work more to overcome struggles

Rory McIlroy hasn't gotten too worked up about his struggles this year.

He certainly doesn't need any advice from Nick Faldo.

McIlroy shrugged off a suggestion from the six-time major champion to spend more time concentrating on golf, saying Wednesday that Faldo "should know how hard this game is at times."

Quoted

"You're going to go through highs and you're going to go through lows. It's just about trying to work your way out of the lows."

Rory McIlroy, on his recent struggles.

McIlroy won his second major title last summer with a runaway win at the PGA Championship, but the 24-year-old from Northern Ireland has been off his game this season after changing equipment. Heading into the British Open, some have also speculated that off-the-course activities have cut into his preparation time and mental sharpness.

Earlier this week, Faldo seemed to join that group

when he urged McIlroy to spend the next two decades focused solely on his golf, calling it his "window of opportunity," before savouring all the benefits of being a multiple major champion.

"What's the big deal?" McIlroy said. "I haven't had the best six months, but it's OK. I'm fine. I've got a good life. So, you know, it doesn't bother me. I'm in a good place. And as I said, I'm working hard. I feel

like I'm working on the right things. And sooner or later it will turn around and I'll be back lifting trophies."

Faldo said he believes McIlroy's struggles are mainly mental.

"The most ideal thing is to go to the club, 9 in the morning, hit balls all day long, and you leave at 5," Sir Nick said.

McIlroy said he intends to play 108 practice holes at Muirfield leading up to the Open, and he took a jab at Faldo's proposed schedule.

"I actually was on the range at 6:15 (a.m.), and got out of the gym at 6:15 (p.m.) — actually a 12-hour day compared to his eight-hour day," McIlroy said.

THE ASSOCIATED PRESS

NHL

Concussions on rise despite rule change: Study

The NHL's three-year-old rule on illegal hits to the head isn't working and tougher sanctions are needed to reduce concussions, concludes new research led by Toronto's St. Michael's Hospital.

During the 2009-10 hockey season — a year before the controversial Rule 48 came into effect — there were 77 concussions, suspected concussions and facial fractures, the study found. But the following season, that number jumped to 120, and the season after, it increased even more — to 126.

The study was published online Wednesday in the journal PLOS ONE.

TORSTAR NEWS SERVICE

Doping

Canadian trainer denies supplying sprinters PEDs

The Canadian trainer for Asafa Powell and Sherone Simpson insists he didn't give the sprinters performance-enhancing drugs and says it's time for them to take "responsibility for their doping instead of looking around for a scapegoat."

Powell, the former 100-metre record holder, and Simpson, a three-time Olympic medallist, tested positive for the stimulant oxilofrine last month.

Their agent, Paul Doyle, contends something in the new supplements the sprinters were taking caused it and Toronto's Chris Xuereb "is the one that provided those."

THE ASSOCIATED PRESS

Austin in tough against high-flying Riders



Darian Durant is nursing a foot injury and is questionable for Sunday's game vs. the Ticats. THE CANADIAN PRESS

It's not a matchup that ensures a successful return for Kent Austin.

Austin leads the Hamilton Tiger-Cats into Mosaic Stadium on Sunday, his first visit to Regina since leading the Saskatchewan Roughriders to the 2007 Grey Cup.

Austin's squad will look to derail the CFL's lone unbeaten team. A league-best ground game, led by rushing leader Kory Sheets, has anchored an impressive start by the Riders

(3-0).

Saskatchewan is averaging 173 yards rushing per game, with Sheets having run for 442 yards including a career-best 178 in last week's 39-28 road win over Toronto. Hamilton has struggled against the run, allowing 147.3 yards per game and an eye-popping 8.8 yards per attempt.

Opposing offences are scoring an average of 29.7 points per game against Hamilton (1-2) but Saskatchewan's unit is

at a league-best 38-point clip.

It's unclear if Riders starting quarterback Darian Durant will play. He suffered a foot injury against Toronto and sophomore backup Drew Willy has practised this week with the starting offence.

If Willy plays, he should have the benefit of veteran slotback Geroy Simon, who is expected to make his Saskatchewan debut.

If there's a concern for the Riders, it's their pass defence.

Saskatchewan is allowing a league-high 347 passing yards and faces the CFL's top passer in Hamilton's Henry Burris.

But the real key for Saskatchewan is its solid offensive line, which not only gives Sheets many running lanes but has allowed a league-low four sacks. Hamilton's defence is last in the CFL in rushing touchdowns allowed (six) and TDs (12).

Pick: Saskatchewan.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

There are so many positive influences in your favor at the moment that you really don't have to try too hard. Today's Jupiter-Neptune influence will make you feel more laid-back

Taurus

April 21 - May 21

It appears that you are keeping something from those you live and work with. No doubt you have a good reason for doing so but don't forget it is natural they should be suspicious.

Gemini

May 22 - June 21

When communicating with other people make sure it's not just one-way traffic. In other words, listen as well as talk. What you learn today should be both enlightening and amusing.

Cancer

June 22 - July 23

Take care of details today or risk having to waste time putting them right later on. But don't get so involved in minutiae that you lose sight of what it is you are trying to do.

Leo

July 24 - Aug. 23

If you expect the best today it will most likely happen. How could it not when so many people are desperate to see you succeed?

Virgo

Aug. 24 - Sept. 23

Some of the things that were important to you yesterday won't seem so important to you today and come tomorrow you probably won't care about them in the slightest.

Libra

Sept. 24 - Oct. 23

You will be asked to take on extra responsibilities today and although you are under no obligation to say "yes" you will earn yourself a great deal of credit if you do.

Scorpio

Oct. 24 - Nov. 22

You need to exercise self-discipline when dealing with financial matters.

Sagittarius

Nov. 23 - Dec. 21

If you have been planning a clean out of things that no longer serve a useful purpose then today is a good day to start. It won't be as disruptive as you fear

Capricorn

Dec. 22 - Jan. 20

Don't push yourself too hard, even if you are behind in your schedule. Timetables can be useful but they can also hinder your efforts and stifle creativity if they are too restrictive. The clock is your guide not your master.

Aquarius

Jan. 21 - Feb. 19

Try not to take it as a personal insult if someone refuses to see things your way. It could be you who has got it wrong. Okay, maybe that's going too far but it's certainly true that different people see things in different ways.

Pisces

Feb. 20 - March 20

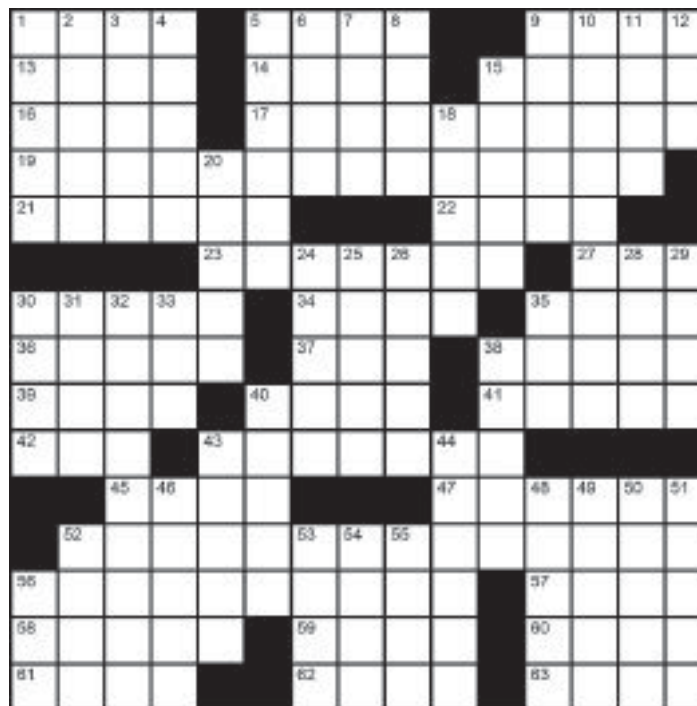
Don't sell yourself short. Claim the credit you deserve. Shout about your achievements. You are a very special person and you are doing some very special things.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. ___ of relief
5. Actress Ms. Dawber's
9. "Pardon me?"
13. Epithet for Athena
14. De-wrinkle shirts
15. Poultry places
16. Ville: English
17. Joni Mitchell song that starts "Sitting in a park in Paris, France..."
19. Alanis Morissette tune: 4 wds.
21. Title of reverence for God in Hebrew
22. Hopeful
23. London, ON born actress Rachel
27. Mil. rank
30. Vaulted church areas
34. Sits under the rays
35. Prefix to 'gram' (Hospital image)
36. Particular planet
37. Mr. Danson
38. Unrest unravelings
39. British bars
40. Up-in-the-sky toy
41. Sea eagles, variantly
42. Sugar amt.
43. Spray sort
45. "___ -Di..." (Beatles song title bit)
47. "Birthplace of New Scotland" in Nova Scotia



Down

2. Mr. Baron Cohen
3. Trojan War epic
4. "I Can't ___"
6. Empire of Peru
7. Rhyme Time: Hissy, Missy, ___
8. Clutter
10. Food-in-a-basket fun
11. Ancient Syria's biblical name
12. "Holy ___!"
14. Crop
18. Documents for filling out
20. Retort to "You are not!": 3 wds.
24. Busting
25. Because of: 2 wds.
26. Mountains in South America
28. Gambler's input
29. Brit singer Ms. Stone
30. Scheduled time, as with a Dr.
31. Positive
32. Documents from process servers
33. Cannes conjunctions
35. Lady's man
38. "The Beachcombers" character
40. Sandra's "Speed" (1994) co-star
43. 1st Greek letter
44. Supposes
46. One of Roseanne's TV daughters
48. Politely mannered
49. Go ___ length (Do whatever it takes): 2 wds.
50. Small quantity
51. ___ directed (Prescription warning): 2 wds.
52. Morse Code bits
53. Be a rock band musician
54. U2's land
55. Falls behind
56. 1101 in ancient Rome

Wednesday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Wednesday's Sudoku



Today

25°/13°

Showers

Friday

21°/9°

Thundershowers

60%

Know what the weather will be 14 days from now.

Check the 14-day trend.

TWN incorporates MSC data

experience

downtown

JULY 18 10-9PM

JULY 19 10-6PM

JULY 20 10-5:30PM

Celebrating

37th Annual Downtown Sidewalk Sale

Sweet Deals, Entertainment, Food, Music and More!

21st STREET

2nd AVENUE

SALE



SATURDAY JULY 13 TO FRIDAY AUGUST 9



**3 PRIZES
AVAILABLE!**

RECEIVE A CONTEST CARD WHEN YOU SPEND \$10 OR MORE AND YOU COULD

WIN* \$5,000

TO SPEND TOWARDS

your dream summer



**PLUS - GET BONUS
ENTRIES WHEN YOU
BUY PARTICIPATING
PRODUCTS!***

**SHOPPERS
DRUG MART**



*NO PURCHASE NECESSARY. Contest begins on July 13, 2013 at 9:00:00 a.m. EST and closes August 11, 2013 at 11:59:59 p.m. EST. Open to legal residents of Canada who have reached the age of majority in their province or territory of residence. Contest cards containing a unique PIN code will be given out in-store until August 9, 2013, or while supplies last, whichever comes first. PIN code must be entered at shoppersdrugmart.ca/summer by August 11, 2013 11:59:59 p.m. EST. To receive a contest card, while supplies last, customers must make a purchase of \$10 or more on eligible products after discounts and redemptions of any Shoppers Optimum Points®, coupons or promotional gift cards and before taxes at participating Shoppers Drug Mart stores between July 13 and August 9, 2013. Eligible products exclude prescription purchases, products with codeine, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and purchases at Shoppers Home Health Care locations. Limit one contest card per eligible transaction regardless of total dollar value of transaction. Customers can also earn one (1) Bonus Entry for each participating product purchased using a valid Shoppers Optimum Card® between July 13 and August 9, 2013 and who have registered their PIN code and their Shoppers Optimum Card online by August 11, 2013 11:59:59 p.m. EST. Maximum of sixty (60) entries per person, including all Bonus Entries. There are three (3) Grand Prizes available to be won, each consisting of \$5,000. The odds of winning a Grand Prize will depend on the total number of eligible entries received. Correct answer to skill testing question required. For full contest details, including how to obtain PIN codes and Bonus Entries without a purchase, and a list of participating products for Bonus Entry, visit shoppersdrugmart.ca/summer, or see cashier for details.